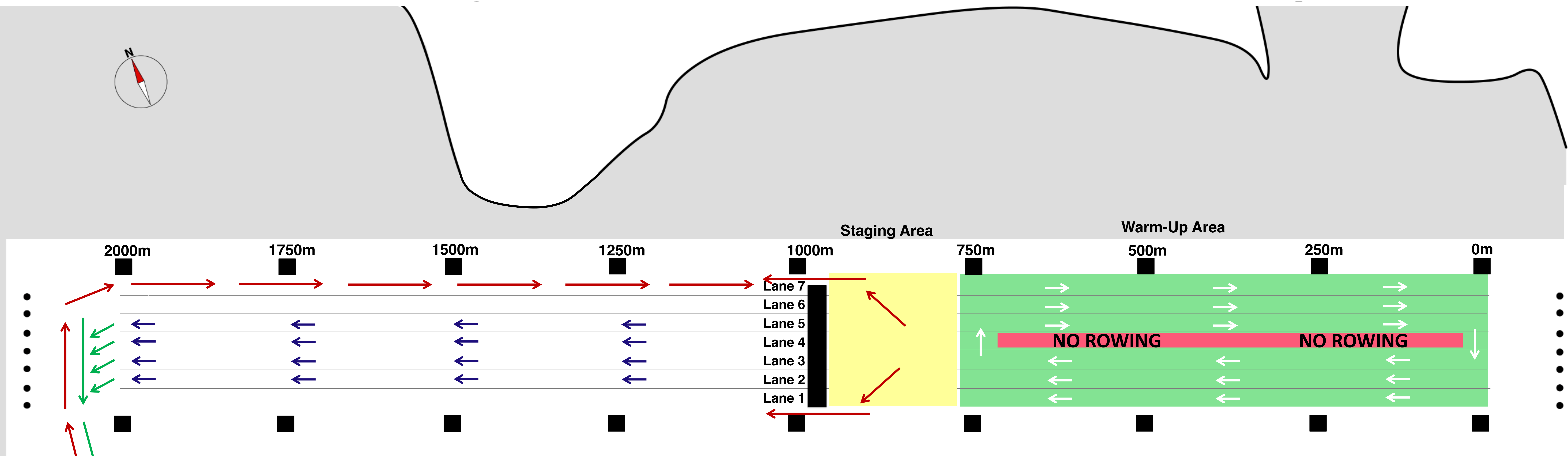


# CASCADIA MASTERS CHAMPIONSHIPS REGATTA



- Launch with bows towards the West (finish pilings). Rowers must pass to the West of the large white buoy when crossing over to the North side of the race course (keeping the buoy to starboard side).
- Row up Lane 7, stopping at the 750m mark.
- Warm-up between 0m and 750m. Lanes 1, 2 and 3 Westbound (down the course). Lanes 5, 6 and 7 Eastbound (up the course). Listen to directions from safety boats.
- Crews may enter the staging area when instructed to do so by a race official.
- Once the race officials are ready all crews will stage boats in the following order (Eight, Quad, Double, Single)
- Crews racing in lanes 2 and 3 will enter the course on Lane 1 side, crews racing in lanes 4 and 5 will enter the course on lane 7 side.

## RELAY RACE MAP